Kanuti,
Episc. Arusiensis
Regimen
contra
Pestilentiam.

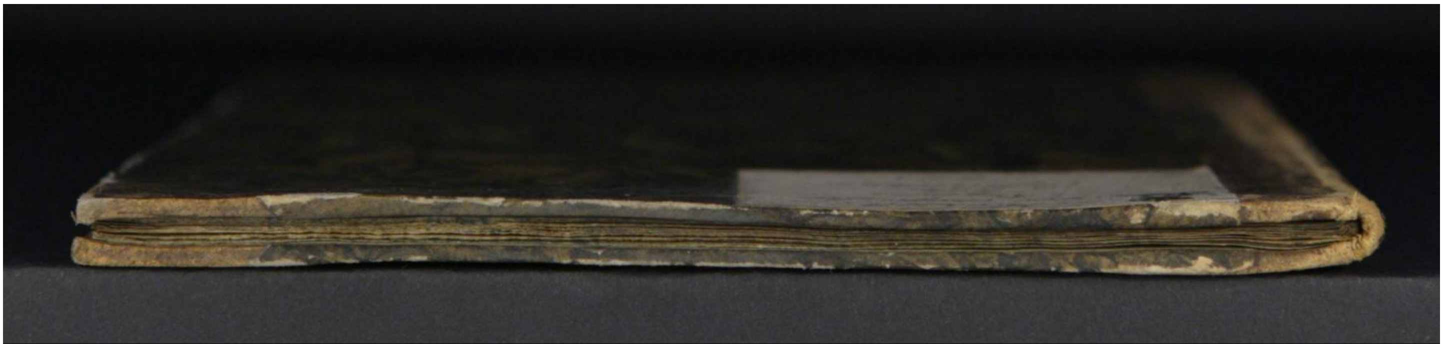
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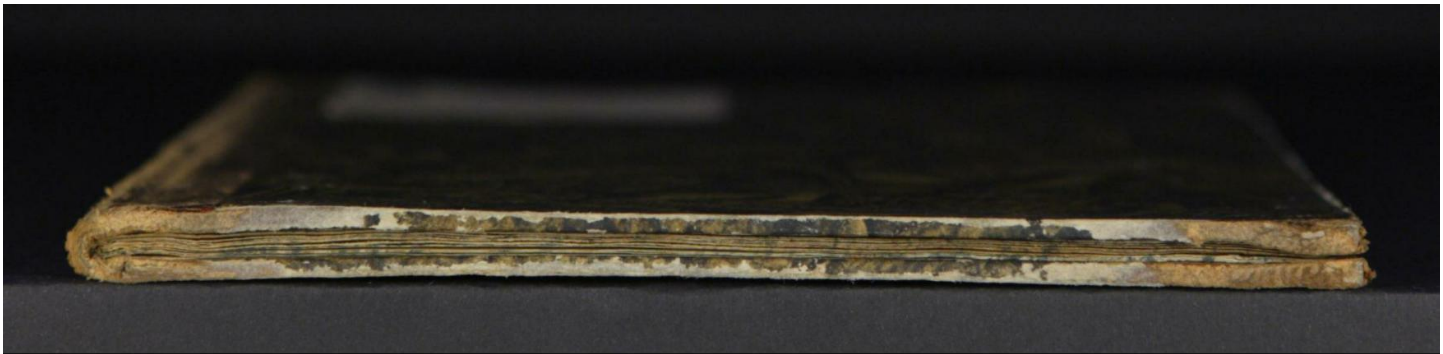


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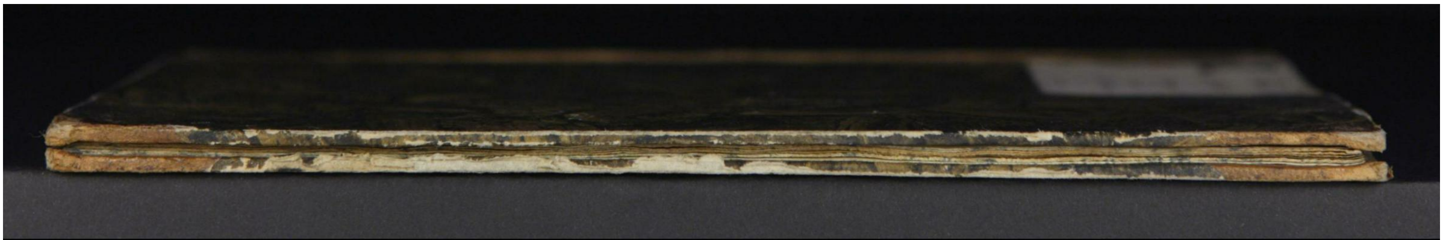
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[Köhn, Cornelius de Zyrickzee]

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Victor Madsen nr. 3459

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# Regimen contra peſtilentiam, ſiue Epidimiã Reuerendiſſimi donini Kanuti Epiſcopi Aruſienſis Ciuitatis regni dacie Artis medicine expertiſſimi profeſſoris

# Regimē ſanitatis per circulum anni vtile valde

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# Tractatus de regimine

¶ Ad honorem ſante ꝛ indiuidue trinitatꝫ glorioſeqꝫ ꝟginis
Marie ꝛ ad vtilitatem reipublice ꝑ ꝯfirmacione ſanoꝝ ac refor
matione lapſoꝝ, volo aliq̃ (de peſtilentia q̃ nos frequenti⁹ inua
dit ex dictis medicoꝝ magis autenticoruꝫ ſcribere )Et primo
De ſignis ꝓnoſticis eius
Secundo de cauſis eiuſdem.
Tercio de remedijs (broꝝ.
Quarto de ꝯfortamib⁹ cord̾ ꝛ pĩcipaliũ mẽ.
Quinto ꝛ vltimo de fleubotbomia.

Igna peſtilentie pronoſtica ſeptem ad preſens aſſig
nantur Prmum eſt qñ in vno die eſtiuali aura ſepe
mutatur, vt ꝺ mane appet pluuioſa deĩn nebuloſa.
deinde ventoſa et precipue a vento meridionali.
¶ Secunduꝫ ſignũ eſt qñ ſepe tpe eſtiuali dies apparent tota
liter obſcuri, et velle pluere et non pluit. et ſi illud diu durauerit
timendũ eſt de magna peſtilen[illegible]ia ¶ Terciũ ſignum eſt quãdo
ſunt multe muſce ſuper terrã. ꝛ ẽ ſignũ ꝙ aer venoſus ẽ ꝛ infect⁹
¶ Quartum eſt quãdo ſtelle ſepe videntur cadere et iterum ſt
ꝙ aer ſit infectus. ꝛ ꝙ multi vapores infecti ſtꝫ i aere ¶ Quituꝫ
eſt quando cometa videtur volare. Et ſicut habeť i methaurꝫ
Iſta ꝯtingunt quando cometa appet ſcilicet interfectio homi-
num in bellis ꝛc. vñ⁹ Mors furit vrbs rapitur. ſeuit mare. ſol
operitur Regnũ mutatur. pleps peſte fame cruciať ¶ Sextũ
ẽ quãdo multa fulgura ꝛ tonitrua fiũt. ꝛ precipue venientia a p̃
te meridionali. ¶ Septimum eſt quando multe ventoſitates
a meridie ꝓcedunt Ille em̃ ſordeſcũt ꝛ imũde ſũt. qñ igiť iſta ſig
na apparent timendũ eſt de magna peſtilentia niſi de⁹ ipaꝫ ſua
pietate velliet amouere.

De cauſis peſtilentie ſiue epidimie

Auſa peſtilentie ẽ triplex qñqꝫ em̃ venit a radice iferio
ri aliquãdo a radice ſuperiori. ita ꝙ ſenſualiter apparet nobis
mutatio aeris Et quandoqꝫ venit ab vtroqꝫ ſcꝫ a radice ſupior
et iferiori ſimul. A radice q̇dem inferiori vt nos videm⁹ ex latna
ꝓpe camerã vł ex aliq̃ re ꝑticulari corrũpi aerẽ i ſubñã ꝛ q̄litate
Et eſt particularis ꝛ p̃t accidere oĩ die Inde eciã ꝓcedit febris
peſtilentiał circa q̃m multi medici decepti ſũt talẽ febrẽ eẽ peſti-

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lentialez nõ creãtes. Qñq etiã venit a cadauerib⁹ mortuoruz
vel ex corruptiõe ſtagnoꝝ ⁊ freqñter ꝯtigit in locis corruptis ⁊
iſta qñq eſt vlis. qñq ꝑticularis. A radice vero ſuꝑiori accedit
virtute corpoꝝ celeſtiũ ex qb⁹ ſpũs vital' corrũpit in aĩali ⁊ de
illa dt Auicẽ. ii. iiij. Ex forma celi corpa valde inficiũtur qꝛ im/
ꝑſſio celeſtis corrũpit aerẽ, ⁊ ſic ſpũs corrũpit in hoĩe A radice
ꝟo ſuꝑiori ⁊ inferiori ſil' ꝓuenit qñ ex impſſione celeſti corrũpẽ-
te aerẽ ⁊ putrefactiõe cadauerũ vel locoꝝ cauſat morb⁹ i hoĩe.
⁊ talis morb⁹ qñq eſt febris qñq apoſtema ⁊ h vt i plib⁹. Aer
eñi inſpirat⁹ aliqñ venenoſus eſt ⁊ corruptus ledẽs cor ita vt na-
tura multipl'r aggrauat' imo intm̃ q nõ ꝑcipit ſuã leſionẽ. Nã
appareñt vrine bone ⁊ bone digeſtiones ⁊ tñ patiẽs tẽdit ad mor-
te. Vñ multi medici in patiẽtib⁹ vrinã attẽdentes ſuꝑficialit' lo-
quũtur ⁊ decipiũtur. Neceſſe eſt igit' q qlibet patiẽs ꝓuideat ſi
bi de medico ꝓuido ⁊ expto Ex iſtis vident' dicta de cauſ' peſti
lentie Sꝫ circa hoc mouent' due qſtiones Pria qre vn⁹ morit'
alter nõ. ⁊ in illa villa moriunt' hoĩes ⁊ in illa domo ⁊ in alia nõ
Scđa an tales morbi peſtilẽtiales ſint ꝯtagioſi. Ad primũ di-
co q h põt ꝯtigere ex duob⁹. ſ. ex ꝑte agẽtis ⁊ ex ꝑte patiẽtis Ex
ꝑte quidẽ agẽtis qꝛ illa influẽtia ſuꝑceleſtis directius influit il-
lum ⁊ illuz q̃ȝ illũ ⁊ illũ locũ. Sꝫ ex ꝑte patiẽtis qꝛ ille eſt magꝫ
diſpoſitus ad mortez q̃ȝ alter. Vñ nota q corpa magꝫ diſpoſi-
ta ſunt corpa calida latoꝝ poroꝝ corpa infecta. ⁊ hñtia poros
opilatos multis hũorib⁹. Vñ corpa qb⁹ fit mag̃ reſolutio. ſicut
ſunt hoĩes abutẽtes coitu vel ſeruiẽtes balneis. hoĩes q caleſiũt
magno labore vel magna ira. hñt corpa magꝫ diſpoſita ad mor
buz peſtilenticuz. Ad ſcđm dico q tales morbi peſtilẽtiales ſūt
contagioſi qꝛ a corporib⁹ effluunt infecti hũores ⁊ fumi veneno
ſi aerem corrũpentes, et ideo fugiendũ eſt ab infectis, imo tẽpo-
re peſtilentiali nemo debet ſtare in cumulo populoruz quia ali
quis ipſorum poterit eſſe infectus. Ratõe cuius prudentes me
dici viſitando infirmos ſtant longe a patientibus tenentes faci
em verſus feneſtram. Sic etiam ſtare debent infirmorum ſerui
tores. Unde patienti bonum eſt per dies mutare camerã et
frequentius habere feneſtras verſus boreaz vel verſus orientẽ
apertas. Feneſtre vero verſus meridiem teneantur ſemꝑ clauſe

Uentus em̄ meridionalis hꝫ in ſe duas cauſas putrefactionis
Pria eſt ꝙ debilitat corpa tā ſanoꝝ ꝗꝫ infirmoꝝ. Scd̄a eſt qꝛ
ſicut ptꝫ.iij.amphoriſmoꝝ Auſter vētus inflatus grauat audi
tū ꝛ ledit cor. qꝛ apit p oros corpis ꝛ intrat vſqꝫ ad cor. Quare
bonū eſt ſano tpe peſtis qn̄ flat vētus meridional' manere in do
mo ꝑ totū diez. Si aūt neceſſe fuerit vt exire debeat maneat in
domo vſqꝫ ad eleuatiōez ſolis ſuꝑ oriſontē noſtrū.

## ¶ De remedijs peſtilentie.

Iſis cauſis peſtilentie dicendū eſt qual'r q̄s ſe debeat a
peſtilētia p̄ſeruare. Pro q̄ notandū eſt iuxta dictū ſum
mi medici ꝑ dauid dicentē ꝙ hō prio ſe debeat diuerte
re a malo ad bonū ꝛ hūiliter pctā ſua confiteri. q̄re ſummum re
mediū eſt tpe peſtilentie pn̄ia et cōfeſſio ceterꝫ medicamentꝫ pre
ferant̄. pmitto tn̄ ſumme ꝙ bonū r̄mediū eſt fugere ꝛ locū infec
tū mutare Sed qꝛ mlti ꝯmodoſe locū mutare nō pn̄t. ido q̄ꝫtū
poſſibile fuerit. ab eis om̄is cauſa putredis euitet̄ et ex ꝯñti ois
coitus etiā p̄cipue cauēdus ē vētus meridional' qꝛ nāliter inficit
Claudant̄ ergo feneſtre (vt dcm̄ ē) ꝟſus meridiez vſqꝫ ad horaz
primā; aperiant̄ ꝟſus ſpetenrrionem Eadem de cauſa omnis
fetor ē euitādus vt puta ſtabuloꝝ plateaꝝ. ꝛ cāpoꝝ. ꝛ p̄cipue in
fectoꝝ cadaueꝝ putrefactoꝝ. et maxie fetor aq̄ꝝ nā in aliq̄bus
domib' ꝯſeruat̄ aqua ꝑ duos dies vl' noctes. vel ſtꝫ trāſitus ſub
terranei aquaꝝ in quib' ꝟuant̄ aq̄ ꝓiecte q̄ etꝫ magnū cauſant
fetorē Ex iſta cā etiā ꝯtingit ꝙ aliqui moriunt̄ in illa domo vbi
talia ꝯtingūt et in alia nō vt dcm̄ eſt Silr in illo loco vbi effun
dunt̄ olera putrida qꝛ olera putrifacta faciūt nociuum fetorem
Uñ ſicut ꝑ odorē aromaticū cor et ſpūs recreant̄. ita ex nociuo
debilitant̄ Quare ſeruanda eſt domus ne aer īfectus ſubintret
Aer em̄ infectus hūidus ē et putrifactiōez in domo vel in loco
dormitiōis naturaliter cauſat Subtilieẗ igit̄ domus per clarā
flāmā ꝛ fiat ignis clar' de lignis Fiat etiā cū fumigatōe herba
rū infra ſcriptaꝝ videlicꝫ baccilauri. iunipi. vberiorgani. et ha
bētur ī appoticꝫ. abſinthij. yſopi rute. arthimeſie atqꝫ ligni aloes
qđ melius valerꝫ. ſꝫ ꝑ ꝑuo precio ꝯparari nō p̄t. ꝛ talis fumus
inſpiret̄ ꝑ os et nares qꝛ ſic iterlora ratificāt Eadē de cauſa vitet̄
om̄is replecio. quia corpa plena malis hūoribus inficiūt̄ facil'

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Vn̄ dicit Auicēna quarto canōis ꝙ illi q̇ repletōnē ſp̄ cupiūt periodū ⁊ finē vite ſue abbreuiāt. Itez eadē de cauſa balneuz euitetur qꝛ modicū fermentū totaz maſſam corrūpit. Vn̄ finalit̄ oīs multitudo vl̄ cōitas euitet̄ inq̄ntū poſſibile ſit ne ab anhelito infecto aliq̄s inficiat̄ Sꝫ qn̄ fieri nō p̄t vt cōitas euitet̄ tūc vtere medijs infra ſcriptis. De māe qn̄ aliq̄s ſurgit mox parū comedat de ruta lota i aq̄ mūda ⁊ ſale aſperſa cū nuce gallica vna vel duabꝯ bn̄ mūdatꝫ Si aūt illō hr̄e nō p̄t tūc cōedat panē vl̄ tortā intictā aceto et hoc maxīe tempore turbido vel nebuloſo In tp̄e etiā peſtilentie melius eſt infra domū maner̄ ꝙ̄ exire. nec eſt ſanū ire per villā vl̄ ciuitatē Domꝰ etꝫ aſpergit̄ ⁊ ſpēalit̄ i eſtate cum roſis et folijs vitis īmo bonum eſt in die freqenter lauare manus cū aq̄ ⁊ aceto ⁊ poſtea faciē tergere ⁊ odorare ad manus Bonuz eſt igit̄ tā in eſtate ꝙ̄ i hieme acetoſa odorare In mōte ꝑt peſſulano cōitatē vitare nō potui qꝛ tranſiui d̾ domo ad domuz curando īfirmos cā paupꝑtatis mee Vn̄ ſpōgiā vel panem intictā aceto mecū portaui tenēs ad os ⁊ naſum ⁊ oīa acetoſa opilāt meatū hūoꝝ nec faciūt venēoſa intrare ſic talē euaſi peſtilentiā ſocijs meis non credētibꝯ me vitā retinere potuiſſe Oia aūt iſta remidia per meip̄m probaui

¶ De confortaminibꝯ cordis ⁊ alioꝝ membrorum

Cordis cōfortamina hec ſtꝫ crocꝰ. caſſiafiſtis plantago cū ceteris herbis q̄ ratificāt ſpm̄ interiorē. Hec em̄ oīa precipue valēt i vulgari cōitate vbi faciliter ꝯtigit ꝙ vnꝰ inflatur ab alio iō ſūme caueāt ne anhelitus iſectꝰ inſpiret̄ ab aliq̄ Oculi etiā ab aere infecto obſcurāt ſi hō nō portauerit predicta in manu Valde etenim ſanū eſt ꝙ lauent̄ os oculi et manꝰ ſepiꝰ in die cū aq̄ roſacea aceto mixta. Si āt p̄dicta hr̄e nō p̄t tūc faciat cū aceto ⁊ ſic iſtis ſeruatis ſecure cōitatem intrabit. habetur etiā ꝓ magno remedio laxatio ventris Si aūt naturalit̄ fieri nō p̄t laxatio ventris ꝓuocet̄ artificialiter ꝑ ſuppoſitoriū. ad qđ bn̄ valēt pillule peſtilētiales q̄ habent̄ in apoteca. In domo etiā ſp̄ teneat̄ ignis qꝛ multū impedit imp̄ſſionē celeſtē et clarificat aerē De cibo aūt ſpecialit̄ dico ꝙ tyriaca ſumme vtilis ē tā ſanis ꝙ̄ īfectis Sumatur em̄ bis in die cū vino claro lymphatico vl̄ cū aq̄ clara roſacea aut cū ceruiſia clara nec ſumatur de tyriaca niſi

ad quãtitatez vnius piſi. de vino vero aqua vł ceruiſia ad quan
titatẽ duoꝝ coleariũ. tiriaca in vaſe penit⁹ diſſoluatur differat
eñ prãdiũ vſqȝ ad mediũ diem vt tiriaca ĩ corpe ſuam excerceat
operationẽ Bonũ inſup ferculũ cũ vino puro ſepe in die ſumen
dũ eſt non mł̃tũ ſimł qꝛ nimia ſupbabũdãtia putrefactionez hũo
rũ ĩducit Caueãt in cibis oĩa calefactia vt ſtʒ pip alleũ ⁊c. licz eñ
pip cerebꝝa flegemate purgat ⁊ ſpũalia mẽbra a vicioſis hũori
bꝫ qꝛ tñ nimis calefacit ⁊ calefactõ putrefcõez ĩducit pl⁹ videt ſo
la amaritudo qꝫ calor ⁊ odor ⁊ ſapor ĩ ipo placuiſſe. alleũ etʒ licz
a flegmate purget ⁊ malos hũores eijcit ⁊ pducat appetitũ co-
medẽdi ⁊ aerẽ ſiccũ ĩtrare non pmittit ⁊ qꝛ ocłos pturbat caput
vniuſcuiuſqȝ ſepe cõedẽtʒ caleſcit iõ nõ valent placuiſſe Peſtilen
tia eñ ex calida cã ſepe augmẽtat. oĩes igit cibi quãto faciliorʒ
degeſtiõis ſtʒ tãto meliores De mane ſumãt cibaria bullita de
nocte aſſata. brodia pulmẽta vitent niſi fuerit acetoſa. Tẽpore
eñ peſtilẽtie pualent fercula acetoſa oĩbꝫ medicinis Similit cui
tari debẽt oẽs fruct⁹ niſi ſint acetoſi vt ſtʒ ceruſa malagñata aut
modicũ d piro vł pomo loco medicĩe. Nã oĩs fruct⁹ putrefac
tiõem ĩducit Spẽs cõiter ꝯueniẽtes ſtʒ zinzіber cinamomũ ci
minũ flores muſcataꝝ ⁊ croc⁹ cuʒ hijs eñ optĩa ſalſa p diuitib⁹
pcurat Si ſtʒ paupes rcipiãt rutã ſaluiã nuces gallicas petroci
linũ ⁊ cũ aceto miſceãt ſił ⁊ eſt bõa ſalſa Si aũt mediocres ſtʒ
recipere dñt ciminũ crocũ ⁊ miſcere ſił cũ aceto tał ſalſa valet et
oẽʒ putrefctõeʒ phibʒ Etiaʒ iocũditas cordis magnũ remediũ
ſanitatis eſt in corpe Quare cauẽdũ eſt tpe peſtilẽtie ne qs mor-
tẽ timeat ſʒ ſine tiore ⁊ ſollicitudĩe peſtilẽtialis morbi vel piculi
cuiuſcũqȝ lete viuẽdo et diu viuere ſperet. ¶ De fleubothomia

Leubothomia ſeł ĩ mẽſe fieri pt niſi etas vł aliqd hmõi
phibeat vt appet in pregnãtibꝫ vł in aliquo debili vel in
patiẽtibꝫ fluxũ vẽtris Fiat ãt fleubothomia ĩ baſilica dex
tera vł ſiniſtra añ comeſtionem. poſt inciſionẽ vero baſilice valet
eſſe gaudioſuʒ ⁊ bibere bonũ vinũ vł bonã ceruiſiam ſp tẽperate
nec ẽ ꝯueniẽs dormire illo die ĩ qua baſilica eſt ĩciſa Si qs aũt
apoſtẽate ſe gũatũ ſẽſerit vel iã eẽ ĩfectũ tũc õino vitet ſomnum
ambulãdo qꝛ ĩ ſõno calor intrinſece venenum inducit ad cor et
ad alia mẽbra ſpũalia ita q vix aliq herba pt tł veẽenũ ad ſtatũ

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pꝛiſtinū reuocare qđ nō fieret ſi hō eſſꝫ ī motu Sꝫ diceret quis ex quo ſomnꝰ dꝫ vitari qđ ſi hꝫet ſomnū naturalē Ad hoc dico breuit ꝙ in tꝑe peſtilēciali ſtatim pꝰ comeſtiōeꝫ ſiqͥs hꝫet libidinē doꝛmiēdi tūc tal' libido dꝫ ꝛ̄uocari per ſpaciū in oꝛtul' vel cā⸗pis ⁊ ſic ſomnꝰ naturaliter pt fieri ꝑ vnā hoꝛā pꝰ cōeſtiōeꝫ. Dicit igit̄ auicenna ꝙ ſi hō vellet doꝛmire dꝫ bibere bonū hauſtū an̄ doꝛmitōeꝫ qꝛ hō in ſomno exn̄s attrahit multos hūoꝛes et iſti mali hūoꝛes depellūt̄ ꝑ hūoꝛē boni hauſti. Sed diceret quis qūo debꝫ ſentire hō qn̄ eſt infectꝰ. ad h̄ reſpōdeo ꝙ hō ꝗ infectꝰ eit tꝉi die nō mꝉtū comedit. qꝛ eſt repletꝰ mal' hūoꝛibꝫ et ſtati pꝰ prādiū hꝫ libidinē doꝛmiēdi ⁊ magnā calefctōeꝫ ſub frigoꝛe ſen cit. hꝫ etiā magnū doloꝛē in anterioꝛi ꝑte capitꝭ ſꝫ oīa iſta debꝫ re uocare ꝑ ſpaciū modicū hic inde. Equitare aūt l' ambulare nō pt ꝓpt nimiā pigriciā coꝛꝑis et pōderoſitatē nā hō infectꝰ oī hoꝛa libidīeꝫ hꝫ doꝛmiēdi qꝛ venenū ītrīſecū ꝑturbat ſpm̄ vitalē ſicꝫ ſꝑ tendit ad requiē Ex iſtꝭ ſignis hō ſentit ſe īfcm̄ Si qͥs āt cre dere nollet expectet ꝑ mediū diem ⁊ ſtatī ſentiet apoſtema ſub brachijs vl' circa pudibūda vl' circa aures Eſt āt ſūmū remediū ſi quis ſenſerit oīa p̄dicta tꝑe peſtlētie vt ſōnū vitꝫ qꝛ ſic ex p̄dcis pꝫ ꝙ ī ſomno ſpūs vital' ꝗeſcit. venenū āt ſpergitur per hic inde hec oīa ꝑ meipꝫ ꝓbaui Iſtꝭ āt ſic ſtātibꝫ qn̄ homo ſenſerit ſe eſſe īfectū qꝫ citiꝰ fieri pt eodē die ſāguinē minuat abūde vſqꝫ ad ſincopi. i. ad vertiginē qꝛ ꝑua minutio ſanguis venenū excitat. ſi aūt hō non vellet icedere pl'es venas ſimꝉ ꝑmittat tranſire venā inciſaꝫ vt priꝰ dcm̄ ē vſqꝫ ad ꝛ̄tardatōeꝫ ſanguis. ꝑua fluxio ſāguis venenū fortiꝰ excitat vt patuit. Itē homo inciſus venis ſiue ſit īfectꝰ ſiue non ſꝑ vitet ſomnum ꝑ diē vſqꝫ ad mediā noctem et ſemper in eadē ꝑte coꝛꝑis in q̄ apoſtēa apparuerit fiat inciſio vene Si vero appꝫet apoſtema ſub brachio dextero fiat fleubothomia in medio eiuſdem brachij de mediana

¶ Si aūt ſub ſiniſtro fiat fleubothomia in mediana eiuſdem brachij vel in epatica. i. in vena circa paruum digitum ¶ Si circa pudibunda fiat fleubothomia in ꝑede eiuſdem lateris circa calcem ¶ Si autem apoſtema fuerit in collo tunc fiat fleubothomia de cephalica circa pollicem in manu lateris eiuſdem vl' mediana eiuſdē brachij l' in manu eiuſdē laterꝭ c̄ca digitū mioꝛē

dextro

ſiniſtro

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# Tractatus de regimine

Si āt appuerit circa aurez fiat fleubotboīa de cephalica eiuſdē
lateris vel de vena q̄ eſt iter indicē ⁊ pollicez ne multa vēnoſa in
uadant cerebꝝ. vel vena vna que eſt circa minorem digitum vel
circa articulum q̄ a multis medicis dicit̄ baſilica. ſi apparuerit ī
ſcapulis minue cuz vētoſis ⁊ primo minue medianā. ſi in dorſo
minue ſupra pedicā magnā Et hec oīa fiāt ſi homo nō dormie
rit añ cognitiōez apoſtematis. ſi āt talia apoſtemata ſenſerit pꝰ
dormitionē tūc debz fieri minutio ī ꝑte crucifixa vt ſi apoſtema
apparuerit ī brahio dextero fiat fleubotbomia de brachio ſini
ſtro de epatica vel baſilica vel de mediana. Et ſi apparuerit a
poſtēa ſub brachio dextero fiat qd̄ dictum ē de brachio ſiniſtro
⁊ ſic in aliꝭs locis in quibꝫ appuerit apoſtēa ita ꝙ ſꝑ fiat oppoſi
to modo Minutus ꝟo ſi ſit valde debil' tūc p̄t fieri dormitio
poſt medium diem et ſꝑ infra mediuz diem debet eſſe in ꝯtinuo
motu equitando vel tranſeundo moderate Et ſi poſtea creuerit
apoſtēa non timet qꝛ tale apoſtēa eſt maluz expellens et reddit
homiez valde ſanuz Ut āt citiꝰ et facilius apoſtema matureſcat
et rūpatur dz fieri medicamentū tali modo Tere folia ſambuci
et adde ſinapiū tritū ⁊ fac emplaſtrū de inde ſuppone apoſtēati
aliq̄ ꝟo cirurgici volūt ꝙ addat̄ tiriaca ſꝫ ſūme ſuadeo ꝙ nō fiat
nā ēpa tyriaca venenuz expellit melius ꝟo videt̄ ſi aliq̄s hēt apo
ſtema ꝙ bibat tyriacā ⁊ ſic expellat venenuz Itē aliud remediuz
accipe barbā iouis ſerpillū gallice feruesil plātaginez et modicū
de ſiligine et tere hec oīa inſimul donec videt aquā inde exire
deiñ miſce illā aquā cū lacte mulieris et da illi bibere qui apoſte
ma habuerit et fieri dz ieiuno ſtomacho qꝛ eo melius oꝑatur in
homine Itez cum p̄io apoſtēa appuerit recipiet auellanas. ficꝰ
rutaz ⁊ ꝯtundat ſimul deiñ ſupponat ¶ Et hec ad p̄ns dicta
de peſtilentia ſufficiant. ſi quis aūt ſm̄ moduz predictuz ſe rexe
rit huiꝰ morbi ꝯtagioſi ꝑicula bñ euadet p̄ſtāte dño noſtro ieſu
xp̄o ſine q̄ nichil fieri poteſt q̄ ē oīpotens ⁊ glorioſus ⁊ laudabil'
⁊ bñdictꝰ cū itemerata ꝟgine Maria matre ſua ī ſecula ſecloꝝ

A M E N

Tractatus d̄ regimine peſtilentie dñi Kanunti ep̄i aruſienſ ci
uitatis regni dacie artis medicine expꝰtiſſimi ꝓfeſſoris finem hꝫ

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# Regimē ſanitatis per anni circulum multum perutile

**Januarius**

In Jano claris calediſqꝫ cibis potiaris
Atqꝫ decēs potus poſt fercula ſit tibi notus
Ledit em̄ medo tunc potatus bene credo
Balnea tutius intres ⁊ venā finderi cures

**Aquarius**

Aquarius.calidus ⁊ humidus.bonum
Ungere crura caue cū luna videbit aquoſum
Inſere tūc plantas excelſas erige turres
Et ſi carpis iter tūc tardius ad loca tranſis

**Februarius**

Naſcitur occulta febris februario multa
Potibus ⁊ eſcis.ſi caute viuere velis.
Tūc caue frigora.de pollice funde cruorem
Suge mellis fauū.pectus q̄ morbe curabit.

**Piſcis**

Piſcis frigidus et humidus indifferens
Piſcis habens lunam noli curare podagraꝫ
Carpe viam tutus,ſit potio modo ſalubris.

**Martius**

Martius humores gignit varioſqꝫ dolores
Sume cibū pure cocturas ſi placet vre
Balnea ſunt ſana.ſed que ſuperflua vana
Uena nec abdenda nec potio ſit tribuenda.

**Aries**

Aries eſt calidus eſt ⁊ ſiccus.bonum
Nil capiti noceas aries cum luna refulget.
De vena minuas.⁊ balnea tutius intres
Non tangas aures,nec barbam radere cures

**Aprilis**

Hic probat in vere vires aprilis habere
Cuncta renaſcuntur.vires tunc aperiūtur
In quo ſculpeſcit corpꝰ ſanguis quoqꝫ creſcit.
Ergo ſoluatur venter ,cruor et minuatur

**Taurus**

Taurus frigidus et ſiccus malum.
Arbor plantetur cū luna taurus habeur
Non minuas tamen edifices.nec ſemia ſpges
Et medicus caueat cum ferro tangere collum

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Maio ſecure laxari ſit tibi cure
**Maius** Scindat vena ſed balnea dant amena.
Cũ calidis rebus ſint fercula ſeu ſpeciebꝫ
Potibꝫ aſtricta ſit ſaluia cũ benedicta

Gemini calidũ et humidum malum
**Gemini** Brachia non minnas cũ luſtrat lũa gemellos
Unguibꝫ et manibꝫ cũ ferro cura negetur,
Nunqꝫ poꝛtabis a ꝑmiſſione petitũ.

In iunio gentes perturbat medo bibentes
**Jũnius** Atqꝫ nouellarꝫ fuge potus cereuiſiarꝫ
Ne noceat colera valet hec refectio vera
Lactuee frondes ede. ieiuno bibeqꝫ fontes

Cancer frigidus et humidus indifferẽter.
**Cancer** Pectꝰ pulmo iecur ĩ cancro nõ minuãtur
Somnia falſa vides vtilis ſit emptio reruʒ
Potio ſumatur ſecurus perge viatoꝛ.

Qui vult ſolamẽ Julius probat ħ medicamen
**Julius** Uenaʒ non ſcindat nec ventrẽ potio ledat
Sõnum cõpeſcat ⁊ balnea cũcta paueſcat
Prodeſt vnda recens. alliũ cũ ſaluia munda

Leo calidũ et ſiccum malũ.
**Leo** Coꝛ grauat ⁊ ſtomachũ cũ cernit lũa leonẽ
Non facias veſtes nec ad ꝯuiuia vades.
Et nil oꝛe vomas. nec tũc capias medicinam

Quiſqꝫ ſub auguſto viuat medicamine iuſto.
**Auguſtus** Raro doꝛmitet eſtũ coitũ quoqꝫ vitet
Nemo laxari debet vel fleubothomari
Balnea non curet nec multa comeſtio dures

Uirgo frigidũ et ſiccũ indifferens
Lunaʒ virgo teneus vxoꝛem ducere noli
Uiſcera cũ coſtis caueas tractare cruoꝛem.
Semen detur agro dubites lutrare carinam

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Fructus maturi ſeptēbꝛi ſunt valituri.
**September** Et pira cū vino. panis cū lacte caprino.
Aqua de vꝛtica tibi potio fertur amica
Tūc venā pandas. ſpecies cū ſemie mādas

Libꝛa calidū ꝛ humidum bonum
**Libꝛa** Libram luna tenens nemo genetalia tangat
Aut renes nates. nec iter carpere debet
Extremam partem libre cū luna tenebit.

October vina pꝛebet cū carne ferina.
**October.** Nec non aucina caro valet et volucrina
Quamuis ſunt ſana tamē eſt repletio vana
Quantū vis comede ſed non p̄cordia lede.

Scorpio frigidum ꝛ humidum indifferens
**Scorpio.** Scorpi⁹ augmentat morbos in parte pudēda
Vulnera non cures caueas aſcendere naues
Et ſi carpis iter timeas ꝺ morte ruinam.

Scire tibi dat hoc q̄ reuma nouēbꝛe curat
**Nouēber** Queqꝫ nociua vita tua ſint precioſaqꝫ dicta.
Balnea cū venere tūc ꝯſtat nulla valere.
Potio ſit ſana ſit atqꝫ minutio bona.

Sagitarius caldū et ſiccum bonum
**Sagitari⁹** Luna nocet femori per partes mota ſagitte.
Vngues vel crines poteris preſcindere tute
De vena minues et balnea citius intres

Sane ſunt mēbꝛis calide res mēſe decēbꝛis
**Deceeber** Frigus vitetur capitalis vena ledetur
Lotio ſit rara. bachi potatio cara.
Sit tepid⁹ potus frigori. contrarie totus.

Capꝛicornus frigidū et ſiccum malum
**Capꝛicornus** Capꝛa nocet genib⁹ ipſaz cū luna tenebit
Intrat aquam nauta citius curabit eger
Fundamēta ruant modicū tūc durat idipſum

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